

**CITY OF NORMAN FIRE DEPARTMENT
FIREFIGHTER RECRUIT
PHYSICAL AGILITY TEST INFORMATION**

You will be required to demonstrate your ability to perform (7) Fire Department work-related tasks. Each task must be satisfactorily completed within a specified time. The tests you will take are described below.

Test 1: **CARDIO-RESPIRATORY FITNESS**

Applicant must complete a 1 ½ mile run in 13 minutes and stay within parameters of test protocol.

Measures: This is a measure of an individual's maximal oxygen intake with a sub-maximal predictive test.

Test 2: **BALANCE TEST – DYNAMIC EQUILIBRIUM**

Applicant will walk the distance of a 4 inch balance beam carrying a 50-foot section of fire hose weighing at least 20 pounds, turn around and walk back. **NOTE:** This test may differ slightly.

Measures: This is a measurement of special abilities. There are sensory and motor responses, how the joint and muscle senses react to control movement and maintain balance.

Test 3: **HIP FLEXIBILITY**

The applicant, starting from an erect position with feet apart, shall move a 15 pound weight in the following manner: bend over, grasp the weight with both hands while it is at a point on the floor between the feet, and lift weight to waist level, then place the weight on the floor approximately 12 inches outside the left foot, and without letting go, raise the weight to waist level and touch it to the floor 12 inches outside the right foot. The weight shall then be moved alternately in this fashion from left foot to waist level to right; right to waist level to left until is has been moved 7 times in each direction for a total of 14 moves in less than 35 seconds.

Measures: The degree of flexibility and range of motion in the hip joint.

Test 4: **PULL-UPS**

Applicant grasps bar overhead with palms facing away and pulls body up, until the chin is just over the bar, 7 times while returning to the starting position with arms extended. Applicant should not sway body in vertical alignment.

Measures: Shoulder and back muscle force capability is assessed.

Test 5: **SIT-UPS**

Applicant, lying on an incline board on their back with knees flexed at approximately 75 degree angle, hands clasped firmly across the chest, curls up until elbows touch knees, then returns to position where both shoulder blades touch the mat. Applicant must complete 35 bent-knee sit-ups within 2 minutes.

Measures: This is a measurement of abdominal muscle endurance.

**Firefighter Recruit
Physical Agility Test
Page Two**

Test 6: PUSH-UPS

The applicant will begin with arms fully extended, palms of hands and balls of feet on the floor. The applicant will bend arms at the elbow until the chest touches the floor, bearing no weight, then returns to the starting position. Applicant must complete 25 push-ups in 2 minutes.

Test 7: WEIGHT CARRY

1. The applicant will lift weight (dummy) in any manner the applicant chooses so that it is not touching the ground while the applicant is behind the mark; once the applicant crosses the mark the applicant must maintain control of the weight. Weight is approximately 165 pounds.
2. The applicant will carry weight 100 feet to marker without stopping.
3. The applicant will remove weight and place on the ground.